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U.S. BUREAU OF HOME ECONOMICS.

Aunt Sammy's radio recipes.
1st ed.

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BOOK NUMBER 1

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AUNT SAMMY'S

RADIO RECIPES



Approved by

THE BUREAU OF HOME ECONOMICS



**U.S. DEPARTMENT
OF AGRICULTURE**





Dear Radio Friend:

I'm sending you the first set of menus and recipes broadcast during the Housekeepers' Chats. A couple of notebook rings will hold the pages together nicely.

From week to week I shall send you additional pages to add to your Radio Cookbook.

Below is a list of stations from which the Housekeepers' Chats may be heard regularly.

Please call this service from The U. S. Department of Agriculture to the attention of your friends and if they really like the programs tell me. Ask some questions, too. The sort that I can answer over the air. Thank you.

Sincerely,

AUNT SAMMY.

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MENUS FOR WEEK OF OCTOBER

4 - 8

Monday

Meat loaf brown gravy

Scolloped potatoes

Carrots or beets

Sliced tomatoes

Lemon jelly

Tuesday

*Roast veal

Corn-on-the-cob or succetash

*Baked tomatoes

Sliced peaches

Wednesday

*Stuffed peppers

Baked sweet potatoes

Panned squash

*Baked peach dumplings with hard sauce

Thursday

Liver and bacon

Mashed potatoes

Fresh sliced tomatoes

*Blue plum sauce and Best Evers

Friday

*Fresh or canned salmon

Riced potatoes

*Pepper pickle

String beans

*Baked pears

*See recipe

STUFFING FOR VEAL ROAST

2 cups dry bread crumbs
 4 tablespoons melted butter
 1/2 teaspoon salt
 1/4 teaspoon pepper
 1/2 teaspoon onion juice or finely grated onion
 A little sage or thyme, if desired

Mix the seasonings with the dry crumbs and moisten with the butter. Place the prepared meat in the roasting pan. Rub drippings over the surface, sprinkle with pepper and salt dredge with flour, and brown quickly in a hot oven. The flour forms a crust which holds in the meat juices. Put the meat in a hot oven, in an uncovered roaster, and cook till meat is a good brown color. Then cover the roaster and cook in a slow oven. No basting is required. If there is not enough liquid in the roaster for gravy, wash the tasty crust from the sides of the roaster, add a little water, and make a brown gravy.

BAKED TOMATOES

Cut tomatoes in half, cover them with buttered bread crumbs seasoned with salt and pepper, and add a tablespoon of water to each half tomato. Bake them in a moderate oven.

CREAMED SALMON

Heat salmon in oan by placing it in boiling water. Boil for 20 to 30 minutes. Use a medium white sauce on the fish. Ingredients for the same are:

2 tablespoons fat
 2 tablespoons flour
 1 cup milk
 1/4 teaspoon salt
 Dash of pepper

Chopped parsley mixed in the sauce makes it particularly good.

PEPPER PICKLE

1 cup minced green pepper
 1 cup minced red pepper
 2-4 tablespoons sugar
 1/2 to 1/3 teaspoon salt
 1 small onion, chopped
 1 cup vinegar

Dissolve the salt and the sugar in the hot vinegar and pour over the vegetables. Let the pickle stand two or three hours before serving. Keep it out of the light so the red pepper will not fade.

BAKED PEARS

Wash the pears, cut them in halves, and core them. Place in a baking dish. Sprinkle with brown sugar and a little salt; add a dot of butter and a very little water. Cover at first, until the fruit is soft. Baste once or twice, while the fruit is cooking, with the liquid in the pan. Add a little more water if necessary to keep the pears from burning.

COOKIES (BEST EVER)

1/2 cup butter	1 teaspoon baking powder
1 cup sugar	1 cup seeded raisins
2 egg yolks	1 cup dry, shredded coconut
2 tablespoons milk	2 egg whites
2 cups flour	2 teaspoons vanilla
1 teaspoon salt	2 or 3 cups flaked, toasted breakfast food

Mix the ingredients in the order given. Use one rounding teaspoon of the mixture for each cookie. Drop by spoonfuls on a buttered sheet 1/2 inch apart. Bake in a moderate oven. Watch closely, for they burn quickly. Remove from pan while hot. This makes about 65 cookies.

STUFFED PEPPERS

If you like a mild flavor in peppers, parboil them from one to two minutes before they are cut in half, lengthwise. Remove only the stem portion, drawing out the seeds. Fill well to allow for shrinkage in cooking.

6 green peppers	1 tablespoon salt
4 cups dry bread crumbs	Pepper
2 to 4 tablespoons melted butter	Onion juice, if desired
Chopped meat or vegetable	

If you have meat left over from yesterday's roast, any stuffing, gravy, or vegetables, use them in the filling. Chop or grind the meat. If you have no leftover vegetables use a little freshly cooked corn or tomatoes, or both. Combine other ingredients with the buttered bread crumbs, fill the peppers and put them in a pan which contains a little water. Place a bit of butter on each pepper and cook to a golden brown.

PEACH DUMPLINGS

Roll the pastry in a thin sheet and cut it in rounds. Place a whole, peeled peach in the center of each round of pastry. Don't remove the stone--it seems to give the dumpling an extra good flavor. Sprinkle sugar over the fruit, dot with butter, and bring the edges of the pastry together over the peach. Bake in muffin pans, in a fairly hot oven. If the oven is too hot, the crust will brown before the peach cooks through. Serve hot with hard sauce or liquid sauce. A good liquid sauce can be made of peach juice. Hard sauce is made as follows:

1/4 cup butter	1/2 teaspoon vanilla
3/4 cup powdered sugar	1/8 teaspoon grated nutmeg

Cream butter and sugar. When it is white and creamy add the vanilla and nutmeg. The secret of creamy hard sauce lies in long beating. Chill before serving.

MENUS FOR WEEK OF OCTOBER

11 - 15

Monday

*Roast leg of lamb, with potatoes
Fresh or canned peas
Tart jelly
*Baked peaches

Tuesday

Cold roast lamb
*Creamed potatoes
Fried tomatoes
Pear salad

Wednesday

Spinach with hard boiled eggs
Fried squash
Baked potatoes
*Apple dumplings with sauce

Thursday

*Veal outlet and gravy
*Stuffed eggplant
Tart jelly
Hot biscuits
Sliced tomatoes and onions
Peach sauce

Friday

*Chicken en casserole
Riced potatoes
*Baked cucumbers
Lettuce or lettuce and tomato salad
*Peach Bavarian Cream

*See receipe

ROAST LEG OF LAMB

Choose a plump, well-fatted leg weighing 5 to 5½ pounds. Wipe it off with a damp cloth. Rub salt over the outside. Dredge with flour, if you prefer it that way. Then place meat, bone side up, in a heavy roasting pan, preferably on a rack, and put it in a very hot oven (about 500 degrees F). If it is roasted in this position the thick part of the meat will be most convenient for carving. Let the meat stay at this high temperature for 20 minutes, or until it sears over; then let the oven cool to a moderate temperature (about 350 degrees F). Continue roasting for 2 to 2½ hours, depending on size of leg. A general rule is to allow 15 minutes per pound counting out the time required for searing. Baste occasionally during roasting, with the drippings, but do not add water. Place 5 raw, peeled, onions around the meat when you put it in the oven. Sprinkle onions with salt, and a very little flour. Serve meat piping hot.

BAKED PEACHES

Select large yellow peaches, pare them, and cut them in halves. Place them in a shallow pan, pit side up. Sprinkle lightly with salt, and dot with butter. Broil under a flame, or bake in the oven until the peaches are hot through and lightly browned. Serve with a hot sauce.

CREAMED POTATOES

Pare potatoes very thin, cut in cubes, put in freshly boiling, salted water. Don't use too much water. Boil until tender, but not soft. Take from water as soon as done. The sauce is made as follows:

1-1/2 tablespoons flour 2 tablespoons butter
1 cup milk

Cook enough to prevent starchy flavor. Add to the sauce fine bits of parsley, or a little cheese, or onion juice. Pour sauce over potatoes and serve hot.

STUFFED EGG PLANT

1 medium sized egg plant
 1 pint finely cut cabbage
 1/2 teaspoon salt
 1 tablespoon butter
 2 tablespoons chopped peanuts
 1 cup fine bread crumbs

Cut eggplant in half. Remove as much of the white portion as possible without breaking the shell. Cut in small pieces. Cook cabbage and eggplant in a small amount of water about 10 minutes. Drain and mix the other ingredients with it. Fill the eggplant with the stuffing; place buttered crumbs on top. Pour around each half eggplant a little of the water in which the cabbage and eggplant were cooked. Bake half an hour, or until golden brown.

GREEN TOMATO PIE

4 or 5 medium sized green tomatoes
 1/2 lemon, sliced very thin
 1/4 teaspoon cinnamon
 1/2 teaspoon salt
 1-1/2 tablespoons cornstarch
 3/4 cup sugar
 1 tablespoon butter

Slice the tomatoes. Heat slowly in a saucepan with the sugar, lemon, salt, and spice, until tomatoes are tender. Add cornstarch. Cook until cornstarch does not taste raw. Take from fire. Add the butter. Line a pie tin with pastry. Bake the lower crust for 12 minutes, in a moderately hot oven, until a delicate color appears. Put tomato filling in this pre-baked crust; cover with upper crust, and bake about 12 minutes in a hot oven, or until the upper crust is done. Be careful when you cover the pie with this unbaked upper crust. Moisten the edge and press firmly over the edge of the baked, lower crust. If there isn't enough liquid in the tomatoes to cook them, add a little water when stewing.

APPLE DUMPLINGS

Recipe for pastry:

1-1/2 cups flour	2-1/3 tablespoons water
1/2 teaspoons salt	5-1/3 tablespoons fat

Cut apples in quarters, sprinkle pieces lightly with sugar, cinnamon, and a little salt and butter. If you use whole apples, select those of medium size, remove cores, and fill the holes with the seasoning. Place fruit in center of rounds of dough. Bring the edges of dough up over the fruit, pinching them together, firmly, so the juice won't escape. Bake in fairly hot oven.

Recipe for sauce:

1-1/2 cups boiling water	1/2 cup sugar
1-1/2 tablespoons corn - starch	1 teaspoon vanilla
3 tablespoons butter	Little grated nutmeg
	Few grains salt

Mix starch and sugar with boiling water. Add butter just before serving. Let sauce boil long enough to do away with starchy taste.

VEAL CUTLET

Veal cutlet should be served well done. The meat for cutlets should be cut about three-fourths of an inch thick. If cut any thinner it is likely to dry out in cooking. Remove any skin and cut the meat into pieces of convenient size for serving. Season with lemon and onion juice and Worcestershire sauce, if desired, before cooking. Dip in flour and then cook in shallow fat until a crust is formed on both sides. If the meat is tender, cover and cook slowly until done. If the meat is inclined to be tough, add hot water and simmer the meat slowly. A rich gravy will then be developed which is served with the meat. Season with salt and pepper. Make a gravy by adding flour and hot water to the fat. Pour the gravy over the cutlet.

CHICKEN EN CASSEROLE

Cut the chicken into pieces convenient for serving. Dust with flour, salt, and pepper. Brown delicately in a small quantity of fat. As each piece is removed from the frying pan, place it in the casserole. Place the tasty particles of fat which cling to the frying pan, around the chicken. Cover the baking dish and cook in a slow oven for 3 or 4 hours, or until the fowl is tender. Just before serving, remove the chicken, and add to the chicken juices a cup of milk which has been blended with $1\frac{1}{2}$ tablespoons of flour. Cook for 10 minutes, and pour over the chicken.

BAKED CUCUMBERS

Select 3 good-sized cucumbers. For filling use:

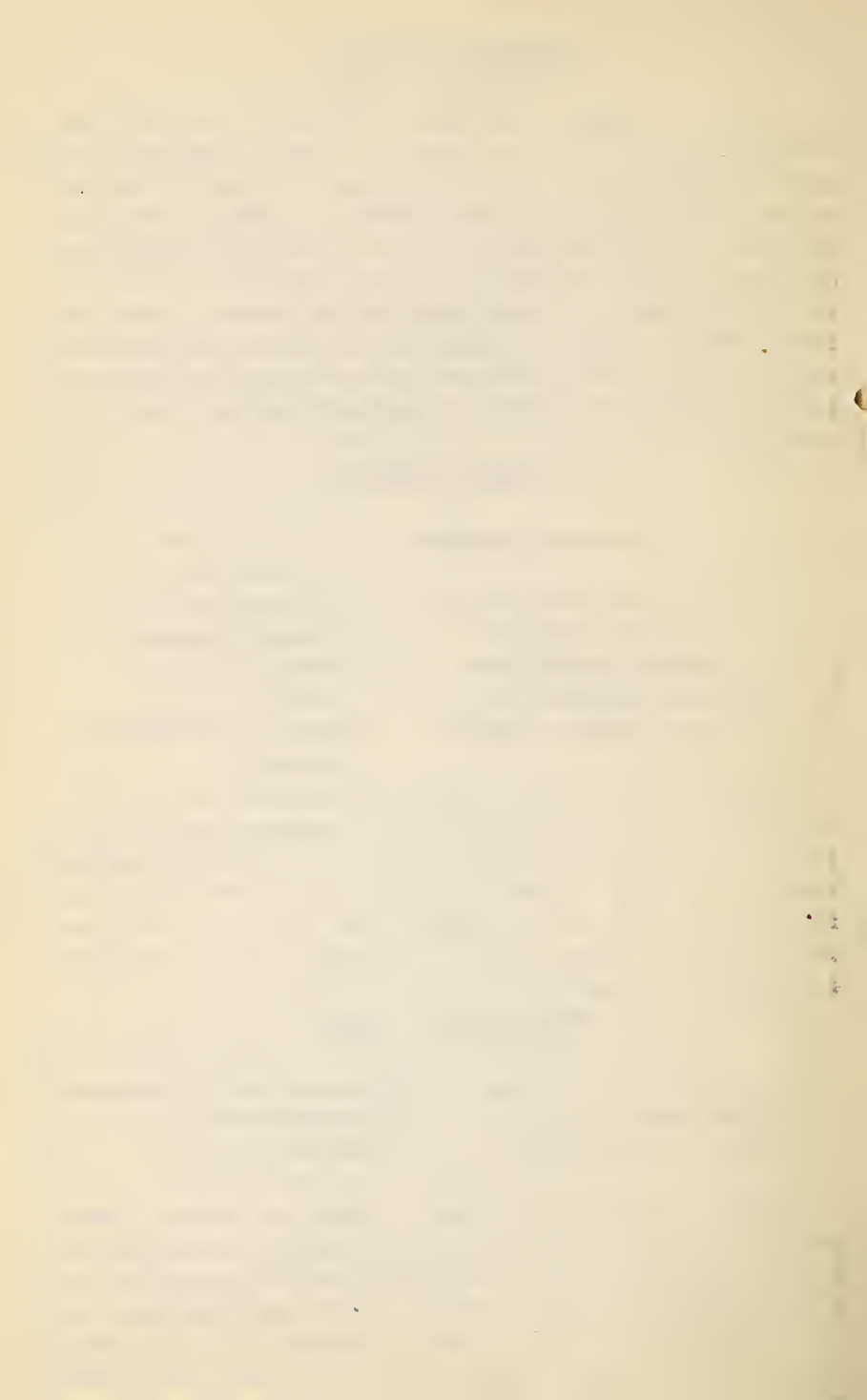
3/4 cup fine bread crumbs	1-1/2 teaspoons finely
3 tablespoons butter	chopped parsley
1/4 teaspoon celery seed	3 rounding teaspoons
1/2 teaspoon salt	celery
1-1/2 tablespoons chopped	3 small fresh tomatoes,
onion	skinned

Wash cucumbers and cut in half, lengthwise. Remove center and as much of white portion as possible without breaking the skin. Brown the onion in the fat, add other ingredients mixed with cucumber, and cook five minutes, or until dry. Place filling in cucumber shells and bake until shells are soft.

PEACH BAVARIAN CREAM

1 quart sliced peaches	1/2 box gelatin (1 envelope)
1 cup sugar	1/2 cup cold water
1 pint whipping cream	1/4 teaspoon salt

Soak gelatin in cold water. Whip the cream. Mash peaches with sugar and rub them with the juice through a sieve. Place in saucepan and simmer for 5 minutes. Remove from fire and add gelatin. Stir until gelatin is dissolved. Chill, and when mixture begins to thicken stir in the whipped cream. Place in wet mold. When set, serve with plain or whipped cream.



Menus for Week of October
18-22

Wednesday

Broiled lamb chops

*Baked potatoes in the half shell

Sauerkraut

*Celery and apple salad

*Gingerbread with whipped cream

Friday

*Veal pie

*Harvard beets

String beans, fresh or canned

Crisp lettuce salad

*Peach dainty

Menus for Week of October
25-29

Tuesday

*Lamb stew

Boiled flaky rice

Lettuce salad with a tart, spicy dressing

Chocolate pie

Thursday

*Mock duck

*Five-minute cabbage

Candied sweet potatoes

Stuffed tomato salad

* See recipe

Suggested Menus for the School Lunch Box.

- No. 1, Ham sandwich, chopped cabbage sandwich, apple, piece of plain cake.
- No. 2, Bread and butter sandwich, chopped egg sandwich, one-half cup stewed prunes.
- No. 3, Peanut butter sandwich, chopped celery sandwich, raisins, and a cookie.
- No. 4, Cottage cheese sandwich, brown bread and butter sandwich, orange, and a cookie.
- No. 5, Chicken sandwich graham bread and butter sandwich, an apple.
- No. 6, Chopped meat sandwich, lettuce sandwich, one-half cup canned fruit, gingerbread.

Cheese Toast

1 pound American cheese	A little onion juice,
1/2 pint rich milk, or cream	if you like it
2 eggs	1/2 teaspoon salt
4 drops tabasco, or a few	1-1/2 teaspoons baking
grains of cayenne pepper	powder
2 tablespoons flour mixed with	2 tablespoons water.

Flake the cheese with a fork. Heat the milk in a double boiler. Thicken it with the flour which has been mixed with the water. Cook for five minutes. Add the beaten eggs, the cheese, the pepper and the salt. Cook slowly until the cheese has melted and the mixture is thick and creamy. Allow it to cool, then add the baking powder. The cheese mixture is then ready to spread on the toast.

Toast just one side of the bread. Spread the cheese mixture thickly on the untoasted side, to the very edge. If the cheese mixture doesn't come to the edges, they become brown, and hard. Brown the cheese delicately, under a low

gas flame or in the oven. The slow heat allows the cheese mixture to heat through before it browns, gives it a chance to become light, and keeps the cheese tender and soft. Too great heat makes the cheese tough and stringy. If you like, place a strip of crisp bacon across each slice of cheese toast. Serve it hot from the oven. This recipe makes enough for 12 to 14 slices of bread. The cheese mixture may be prepared--except for the baking powder--the day before it is to be used. As mixture stiffens on standing, heat it a few minutes in a double boiler before adding the baking powder. Then spread the cheese on the toast.

Ginger Pears.

8 pounds pears; not too ripe	5 or 6 pieces ginger
4 pounds sugar	root, varying in length
2 lemons	from 1 to 2 inches

Wipe the pears, remove the stems, quarter, and core. Cut the pears into small pieces. (If you use small sugar pears, cut them in halves.) Add the sugar and the ginger. Let stand overnight. In the morning add the lemons cut in small pieces, rejecting the seeds, and cook until thick. Watch the mixture carefully lest it stick and scorch. DON'T let it cook down so long that the rich amber color is lost. Remove the fruit when it becomes clear. Then concentrate the juice. An asbestos mat, under the kettle, will keep the pears from sticking.

Grape Conserve

3 pounds Concord grapes	1 cup seeded raisins
2 pounds sugar	1 orange cut fine
1 cup nut meats (English walnuts. or pecans, chopped)	

Skin the grapes, stew them, run them through a sieve and add them to the skins. Then add the other ingredients and cook until the mixture is thick. Grape conserve is likely to stick to the kettle, unless it is watched closely. An asbestos mat will keep the conserve from sticking.

Apple Butter with Cider

There is no better way to use good apples, and the sound portions of windfall, wormy, and bruised apples, than to make them into apple butter. Almost any apples will make good apple butter but those of good cooking quality, with a rich tart flavor, are most satisfactory. Recent tests made by the U. S. Department of Agriculture show that summer apples make just as good butter as fall and winter varieties. Sometimes sweet apples are used with tart apples, the usual proportion being one-third of the sweet apples to two-thirds of the tart. If you must use overripe apples, add a little vinegar, to give snap to the butter.

Either fresh cider or commercial sterilized cider may be used. The usual proportion of peeled sliced apples and cider is gallon to gallon. From one-half to three-quarters of a gallon of cider to a gallon of peeled and sliced apples will give a rich butter if the apples are good cookers.

Continue the cooking until the cider and apples do not separate, and the butter, when cold, is as thick as good applesauce. Determine the thickness at frequent intervals by cooling small portions.

If sugar is used add it when the butter is about two-thirds done. About a pound of either white or brown sugar to a gallon of apple butter, is the usual proportion. You may use more, or less, or none at all, to suit the taste. Apple butter is spiced according to taste, about half a teaspoonful each of ground cinnamon, cloves, and allspice being used for each gallon. These are stirred into it when the cooking is finished.

Vanilla extract, added after the spices are stirred in, adds to the snappiness of the butter. Use from 2 to 4 teaspoonfuls per gallon of butter, according to taste.

Baked Potatoes in the Half Shell

Select six good-sized potatoes of uniform size and shape. As soon as the potatoes are baked, cut them in half lengthwise, so the steam may escape. Scrape out the inside, being careful not to break the skin. Mash the potato, season it with salt, pepper, butter, and cream or rich milk, and beat until it is light. Place this mixture in the skins, brush

the tops with butter and put the potatoes in the oven for a final browning. For variety, sprinkle grated cheese over the potatoes before they are browned, or a very little chopped green pepper to the potato mixture.

Celery and Apple Salad

3 medium sized apples	Lettuce
3 stalks celery	Mayonnaise or other dressing

Pare the apples, remove the cores, cut into small pieces. Dice the celery. Sprinkle the apples with lemon juice. Mix the celery and the apples. Arrange on lettuce. Top with mayonnaise. Add chopped nut meats, if you want your salad to be extra nice.

Molasses Gingerbread (Two Thin Loaves)

1 cup milk	1/2 cup sugar
3-1/8 cups sifted soft-wheat flour	1 cup molasses
1/3 cup fat	1/2 teaspoon salt
1 egg	1 teaspoon ginger
1/2 teaspoon soda	1/2 teaspoon cloves
4 teaspoons baking powder	1/2 teaspoon cinnamon

Mix and sift the dry ingredients. Stir the liquid into the dry ingredients. For a shallow loaf the oven should be moderate (about 375°); if muffin pans are used, the oven should be fairly hot, or about 400° F. Serve the gingerbread hot, with whipped cream.

In this recipe, sour milk may be used instead of sweet in the same quantity. In that case the soda should be increased to a scant teaspoon, and the baking powder decreased to 2 teaspoons.

Milk-Vegetable Soup

Milk-vegetable soups are made from cooked vegetables, chopped or sliced, and milk, (whole or skim), slightly thickened. The vegetables may be asparagus, peas, beans of various kinds, celery, potatoes, turnips, carrots, spinach,

onions, corn, cabbage, or almost any other vegetable. Some of these are good in combination, as potatoes and onions, potatoes and turnips, turnips and carrots.

(General Recipe for Milk-Vegetable Soups)

2 cups milk	Salt
1 tablespoon flour	2/3 cup thoroughly cooked vege-
1 tablespoon butter	table, finely chopped or
	mashed.

Thicken the milk with the flour as for milk gravy. Add the other ingredients. If the soup is too thick, as it may be if the vegetable is starch, thin it with milk. Be sure the vegetables are finely chopped, or mashed. Then they will cook quickly.

Apple Butter with Lemons

Slice four lemons, cover with water, and let stand over night. Next morning put the lemons in a preserving kettle with eight pounds of apples, pared, cored, and sliced. Cook for one hour. Add three pounds of sugar. Cook slowly, with frequent stirring, one and one-half hours longer, or until of the proper thickness.

Peach Butter

While it is desirable to have only good grades of peaches, the sound portions of inferior fruit may be used with perfect success. Put the peaches in a wire basket. Dip them in boiling water a few seconds, or until the skin slips. Test by raising the fruit out of the water and rubbing the skins between the fingers. Dip the peaches into cold water, peel, and pit them. Well-ripened freestone varieties are best. Mash the pulp. Cook it in its own juice, without adding water. If the peach pulp is rather coarse, put it through a colander or coarse wire sieve. To each pound of pulp add a half pound of sugar. Cook slowly. Stir frequently until the product is of the desired thickness. You may add the sugar before the cooking begins, if you like. The meats of several peach pits, whole or sliced, may be cooked in

each gallon of butter.

Fruit butters may be packed in ordinary stone or glass jars. Sterilize all containers, and pour in the boiling hot butter. If the containers do not have air-tight covers, pour hot melted paraffin over the butter at once. This seals the tops and keeps out molds.

Chili Sauce.

4 quarts ripe tomatoes	4 onions
4 green sweet peppers	1 tablespoon ginger
4 tablespoons brown sugar	2 tablespoons salt
1 hot pepper	1 teaspoon cinnamon
1/2 teaspoon nutmeg	

Chop the vegetables, add the other ingredients, and cook until tender. Add 2 cups vinegar, boil five minutes, and seal. If you don't like this combination of spices, try 1 tablespoon celery seed and 2 tablespoons mustard seed instead.

Veal Pie

Since veal contains less fat than beef, salt pork or fat bacon is often added to it. Veal contains a large proportion of connective tissue. Consequently, it should be cooked longer and more slowly than beef. For the veal pie, select a piece of veal and cut it into small pieces. Besides the meat, you will want these ingredients:

An onion or two, sliced	Some green vegetable if possible; for instance, a few
Raw celery, chopped fine	lima beans, or some sliced
Potatoes, cut into small cubes	green pepper or okra
Boiling water	Flour
Salt and pepper	

Sear the meat on all sides in a hot skillet with the sliced onion and chopped celery. Then place in a saucepan with the potatoes and other vegetable. Add the boiling water, not quite covering the mixture. Simmer for about 25

minutes or until the meat is tender. Season with salt and pepper. Thicken the liquid slightly with a little flour. Line the sides of a deep baking dish with a thin layer of rich biscuit dough. Pour the meat and vegetable mixture into the dish. Cover with a thick layer of the biscuit dough. Cut a slit in the top crust so the steam can escape. Bake in a hot oven until the biscuit dough is delicately brown and crisp. Carrots, peas, string beans, and other vegetables are good in a veal pie. It is the very place, in fact, to use up the left-overs. The point is to have the meat-vegetable mixture savory to the taste and with a touch of bright color to please the eye.

Harvard Beets

Wash 6 medium-sized beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix $1/2$ cup sugar and $1/2$ tablespoon cornstarch (cornstarch makes a much clearer sauce than flour). Add half a cup of vinegar and let the sauce boil for 5 minutes. Stir the sauce constantly. Just as you take the sauce from the fire, add 2 tablespoons of butter. Pour the sauce over the beets. Let them stand on the back of the stove for a few minutes so that the beets may absorb the sweet-sour flavor of the sauce.

Peach Dainty.

1 quart slice peaches	2 tablespoons butter
1 cup sugar	1 pint whipping cream
2 egg yolks	A few grains of salt.

Cream the sugar, butter, and yolks together. Add the whipped cream and sliced peaches. Serve over angel or sponge cake.

